SERENITY SENTINEL

MAY, 1973 VOLUME II, No. 5

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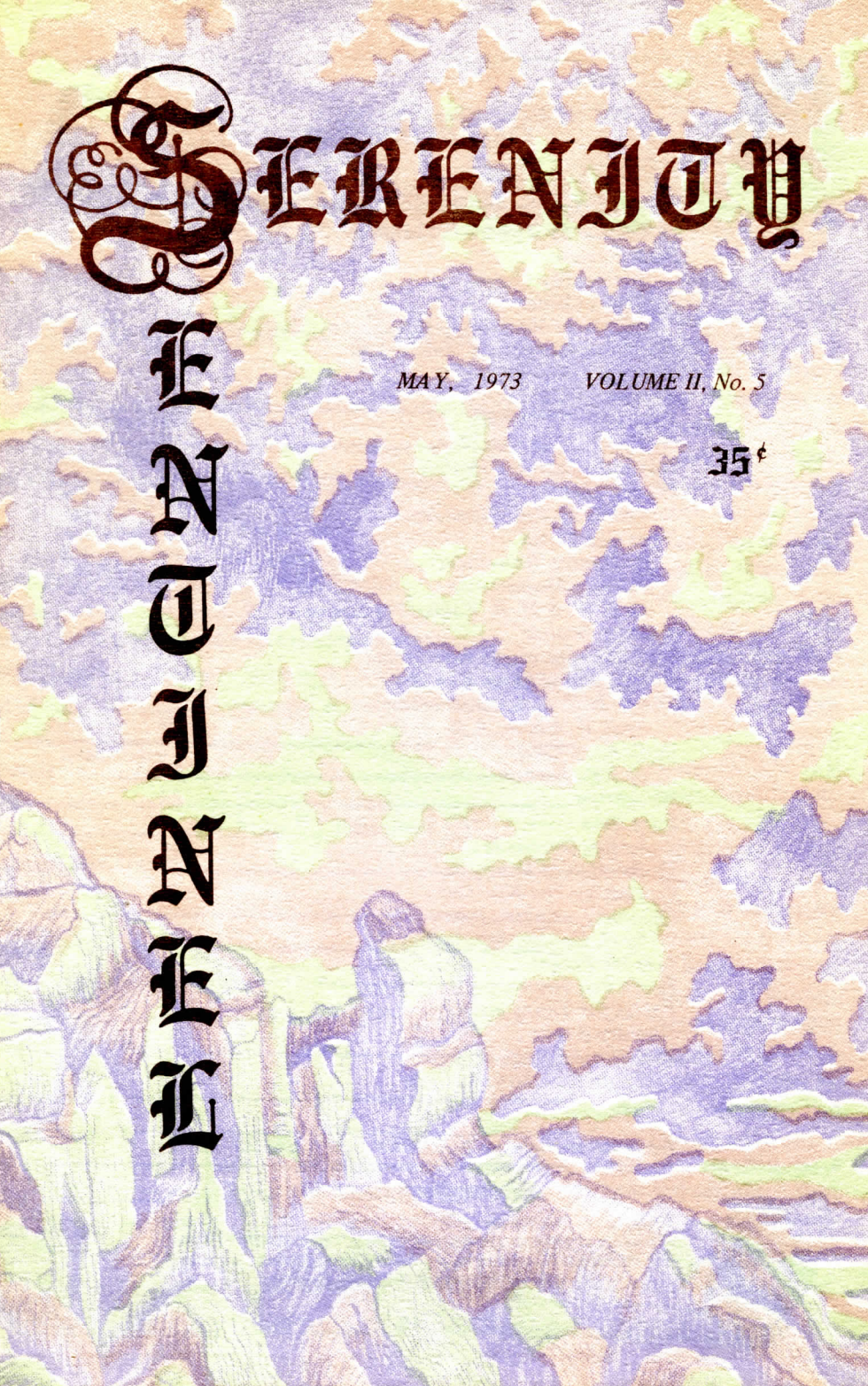


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EDITORIAL DEPARTMENT

Richard P. Goodwin . . . . . Editor
Opinions expressed are not necessarily those of the Sentinel. All unsolicited manuscripts must be accompanied by a self-addressed, stamped return envelope.

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GENUINE MEDIUMSHIP

A lecture given at Serenity Spiritualist Church on April 1, 1973
through the Mediumship of Richard P. Goodwin

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GENUINE MEDIUMSHIP

A lecture given at Serenity Spiritualist Church on April 1, 1973
through the Mediumship of Richard P. Goodwin

Let us first define "genuine mediumship" for so many people, it seems do not understand what the word *medium* or *mediumship* truly means. Our National Association has defined the word *medium* as "a person who is sensitive to vibrations from other dimensions and through whom intelligences from those dimensions are able to convey messages and produce the phenomena of Spiritualism." There is indeed much more to Spiritualism and to mediumship than conveying messages. The very nature and purpose of mediumship is to bring awareness to the world, for man is responsible for all his thoughts, acts and activities and indeed is it sad to be responsible for effects from causes that we have set into motion through so-called unawareness. Some say that it does not seem just that man should be responsible for the things of which he is not aware of doing. That, my good friends, is no excuse or exemption from the Divine Laws. Because man has chosen at some time along his evolutionary path to no longer be aware of the dimensions of which he is indeed a part, has no blame outside of ourself. It we choose to sleep when there is work to be done, that choice is our Divine birthright. But if we choose to awaken ourself to what this world is really all about, then that, too, is our birthright.

So what in truth is *genuine mediumship*? To my understanding, friends, it is becoming aware of the world that we in truth live in. So many people think that we are going to go off there to some world of spirit. Well, my good friends, if we have awakened to a world of spirit within ourselves, then we will be able to go to that world of spirit—because it does not exist *outside* of us, *for* us, if it does not exist *inside* of us, this moment. We are in heaven now; we are not going to it and we are in that so-called opposite place if that is what we choose. But we and we alone are making this choice. Many times the students, over the years, have thought that they are doing their part by doing a daily meditation and going to church on Sunday, when they feel so inclined. For it is the nature of Spiritualism *not to impose* upon the individual souls and, therefore, by its very nature we do not require its membership or its friends or students to attend any church of this church. Friends, we indeed will get out of anything, be it mathematics or playing golf, whatever it is that we are putting into it.

Mediumship is not just spirit communication; it is not just standing on a podium, giving messages. It is not having people come to you and ask about their stocks. It is not about solving marital problems and the like; that is a very minute part of mediumship. Mediumship is an awareness of why a person is experiencing

certain effects in their life. It is a revealing, a revelation of the causes that the individual soul has set into motion. Without mediumship in the world there is no awareness of the dimensions we truly live in. So many people think that mediumship is some special gift that a few have and that the Divine, so-called God, has denied the rest of the world. My friends, everyone *is* a medium and everyone *is* demonstrating to some extent, whether they like it or not, a phase of mediumship. For we are all governed and controlled by the levels of awareness—these so-called invisible influences—that we choose to be in rapport with. Because we do not see those causes, does not in any sense of the word deny us of their effects.

Where cometh our thought? Ask yourself the question. If it cometh from within yourself, from your own being, then—if you will ponder and truly think, I am sure you will agree that it is quite a mixed-up being that we have come to be. For one moment we decide on one thing, only in the next moment to decide on something else. My friends, it is what we are in rapport with; it is what level of consciousness that we have chosen at any moment to express. In the unfoldment of mediumship, we must remove the obstructions that we and we alone have created. It is not a matter of belief; it is a matter of awakening. Mediumship is a communication with many dimensions; they are not all the world of spirit. There is the dimension known as the mental world. And oft times if a medium is in rapport within himself with that level, then that is what is expressed. There is a dimension known as the desire world; if that is what the medium's own soul consciousness is expressing, then that is what he will be (or she will be) in communion with. And so it is, friends, that the first step in genuine mediumship is becoming aware of oneself. *How* can we *possibly* help another soul up the eternal ladder of progression if we are not *willing* or *able* to help ourself? And this is our understanding of the meaning when they said in that book, "O, physician, heal thyself." What kind of *logic* or *reason is it* to think that we can serve the Divine and help another when in that very serving, we are not capable of helping ourself? This Association has no such teaching; we do teach and try to demonstrate that whatever in this universe happens to us is indeed caused by us. There are no forces or influences, my friends, anywhere, anytime, in any universe that has power over you unless *you* choose in your thinking to give power to it. Remember—not everyone lives, thinks or speaks the way that we would like to have them do. But let us ask ourself the *question—what is it* inside of ourself *that desires* that another human soul should think, should act, should speak or do what we want them to do? Let us think about that before we even attempt to unfold mediumship. Because, my friends, it is indicative if we want the world to be a certain way; it is indicative that our world, our universe is small and narrow and it will not open up to encompass God's divine variety of expression. In unfolding on this spiritual path, there is a *soul faculty* known as *duty, gratitude, and tolerance. "Duty* to what?" the question rises in the mind. And *gratitude* to whom or to what? It is very clear: *duty* to the only part of us that is eternal, not the form and not the flesh and not the thought, for it comes and

Book Review



"LIGHT"
by Ernest Holmes and others
Science of Mind Publications, Los Angeles, California
Reviewed by Dorothy Craine

The mystic experience, the experience of union with the All, that is characteristic of saints and highly developed spiritual adepts, is ineffable.....that is, impossible to describe in words. Throughout the literature of men who have attempted to describe this experience, the ultimate metaphors of Light and Love are said to be the qualities of this understanding.

In this little book, compiled by Willis Kinnear, extracts from inspirational writings on the Light of spiritual experience are far-reaching in their analyses of Light's own mysteries. From the laboratories we learn that Light is ultimately found to be indefinable. From the mediumship of some, Light is read in auras, in the vibratory aliveness of Nature. From the higher insights of developed consciousness, Light is seen as the realm in which the physical and spiritual become one.

In one of the chapters, Donald Hatch Andrews describes the phenomena observable by an enlightened consciousness as follows, "Your clothes are on fire with a million microscopic rainbow flames. You open your mouth and a shaft of amethyst light beams out before you. The air itself sparkles as if miniature meteors are darting all around you.....there is a swift rain of incandescence shooting down from ceiling, shooting through your body, through the chairs, table and disappearing into the floor."

The mystic, however often that word has been abused, is the man who is no longer mystified–by religions, theologies, doctrines, formulations. He is at ease with all religion. His ultimate experience brings with it such joy and such certainty that he is free. His experience may not last for more than a few minutes, but it changes the man's outlook forever.....he has seen the Light! The goal of higher consciousness is there for us all and our chief hope. "Light untellable," says Walt Whitman. Tennyson said, "God and Nature meet in Light," and Wadsworth

(Continued on Page 6)

(Continued from Page 5)

described "the light that never was on sea or land."

I cannot recommend this small book too highly (it is only $2.00). It is a Light, itself, for the path of the soul and a feast for the mind. Clergymen, scientists, businessmen, philosophers and church founders of our time are represented in the chapters. Once read, the book can be opened anywhere and read in brief passages for an elevation of mood and a lift for our daily thoughts.

No one can really describe Light, physically or spiritually, but these brilliant authors speak of it in wonderful terms. Reading the pages over and over, one begins to understand the true nature of enlightenment and to experience (just a little more) the sweet and perfect radiance of the light of one's own life.

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EDITOR'S NOTE–

Books reviewed in this column are available through Serenity Spiritualist Association. Please see page 32 of the Sentinel for information regarding this book and others of interest.

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SURPRISE IN HEAVEN

I dreamed death came, the other night,
And Heaven's gate swung wide;
An Angel with a halo bright
Ushered me inside.

And there! To my astonishment,
Stood folks I'd judged and labeled,
As, "quite unfit"; "of little worth";
And, "spiritually disabled!"

Indignant words rose to my lips,
But never were set free,
For every face showed stunned surprise –
Not one expected ME!!

–Author Unknown

Student's Corner



SELFLESS SERVICE

by Margaret Fuller

A friend of mine, whom I'll call Ann, was interested in church affairs but voiced some confusion about the concept of selfless service. On the one hand, she sometimes felt that she had "served" practically all her life through her profession as a teacher and through crossing paths with people who were more unfortunate than she. On the other hand, she knew essentially that the kinds of "service" to which she was referring were not in the best sense "selfless," that her ego was surely involved – sometimes because the so-called service was in line with her profession, and sometimes because she received compensation.

It was not clear in Ann's mind when a service became a selfless service. A conflict existed between her personal needs for time and energy and how much she felt she could happily give others. In a way, Ann felt that what she did, even though it was in a casual manner and often for her ego, was enough. But after awhile, her definition ceased to satisfy her, and thus her confusion.

It became clearer to Ann that a service isn't automatically selfless. If we perform a service because we have to, or because we like it, or because we're paid, then our "self" is openly involved. The words "have to," "supposed to," "want to" have essentially nothing to do with it. The kind of service that is selfless is the kind that does us a favor - it lets us take our mind off ourselves; it helps our ego rest.

By its nature, selfless service, like love, is neutral. It exists for itself alone, available to all for spiritual growth. It is service that is performed by a person who is not attached to the effort in any way, who neither likes nor dislikes it. When we serve selflessly, we just do it.

As the Wise One teaches, selfless service is "the only thing that frees us from the bondage of our own creation....He who does what is to be done without thought or interest in results is ever free to do the work of the Divine....For it is service that frees us from self...."

THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

MATERIALIZATION

The phenomenon of materialization, as usually understood, is the temporary creation of a living human body, in whole or in part, which is vitalized by spirit. Though common in the past, they are now rare, and are usually limited to hands (which may be felt) or faces. The faces may be seen in the darkened seance room by means of a prepared phosphorescent slate, or by a psychic light provided by the spirit, or they may be self-luminous. Sometimes they are recognized as friends of the sitters, and they may say a few words.

In 1874 Sir William Crookes, F.R.S. made extensive experiments with the medium, Florence Cook, then aged 17 years, who stayed with him in his own house in London; and in his book, "Phenomena of Spiritualism," he describes with great detail the human characteristics of the spirit, Katie King, who frequently materialized, and, during her stay of an hour or so, behaved like one of the family. The literature of Spiritualism abounds with authentic records of wonderful materializations which, in view of their present rarity, are well worth studying.

The materialized from is built up from teleplasm withdrawn from the medium, who shrinks in bulk and weight proportionately to the amount yielded; in many cases, however, the sitters unconsciously contribute. Dr. Crawford's medium, Miss Goligher, sat on a weighing machine and he records that on one occasion her weight was reduced by 54½ pounds by the withdrawal of teleplasm. The weight of the materialized form varies, and this may be increased or diminished at the request of the sitters; finally, of course, it becomes zero when dematerialization occurs, and the teleplasm returns to the medium.

Materialization only occurs in the dark, or in a dimly lighted room, and a small curtained off space termed a "cabinet" is provided, in which the medium may sit in the dark and be protected from the gaze of the sitters, which has an obstructive effect on all objective phenomena. The spirit usually builds up in the cabinet close to the medium (from teleplasm which probably emitted in a vaporous state and then condensed) and then walks out into the seance room. Sometimes they build up in full view, slowly or suddenly; and again dematerialize in full view, slowly or suddenly, usually by apparently sinking into the floor.

The formation in the seance room of paraffin-wax moulds of materialized hands or feet is a phenomenon which has frequently been observed since 1876. If we dip a hand or foot in melted paraffin and withdraw it, it will be clothed with a thin waxen glove. If now the hand or foot could be withdrawn from the glove, the latter would form a perfect mould, which, if filled with liquid plaster

(Continued on Page 14)

Visitors Views



"Very informative and interesting."

"The vibrations I received as I first walked into the Church were more than expressed in the sincerity of the congregation, and in the smiles that said, without words, 'Welcome!' I have looked many places for myself, and I know now that I am here. I'll be back!" Chuck R.

"I think Serenity is a new energy which I am so glad to enjoy and experience. The one very important thing I think is great, is that you can go when you please and they don't critize anything you do." John G.

"Very moving, and love feeling flows."

"I have been attending your church for nine months now. During this period I have received sustenance and a real substance to build a new life upon. Spiritualism has also touched the lives of my children, for which I am indeed grateful. I think I finally understand what true faith is. As far as the requests for money are concerned, as I know that many are offended by it, no amount can possibly buy what I and my family have received in the way of love, light and hope."

"My feelings toward the services of the Serenity Spiritualist Church are firstly, the presentation is very psychic; secondly, there is membership and unity throughout the church; and thirdly, a great sense of balance."

"I enjoyed your Easter Service. The lecture on 'Fortitude' was excellent, and I was very impressed by the dignity of the service and the sincerity of those associated with your Serenity Church. Your monthly 'Serenity Sentinel' continues the good work of your Sunday Service." B. F. D.

Spirit Healing:

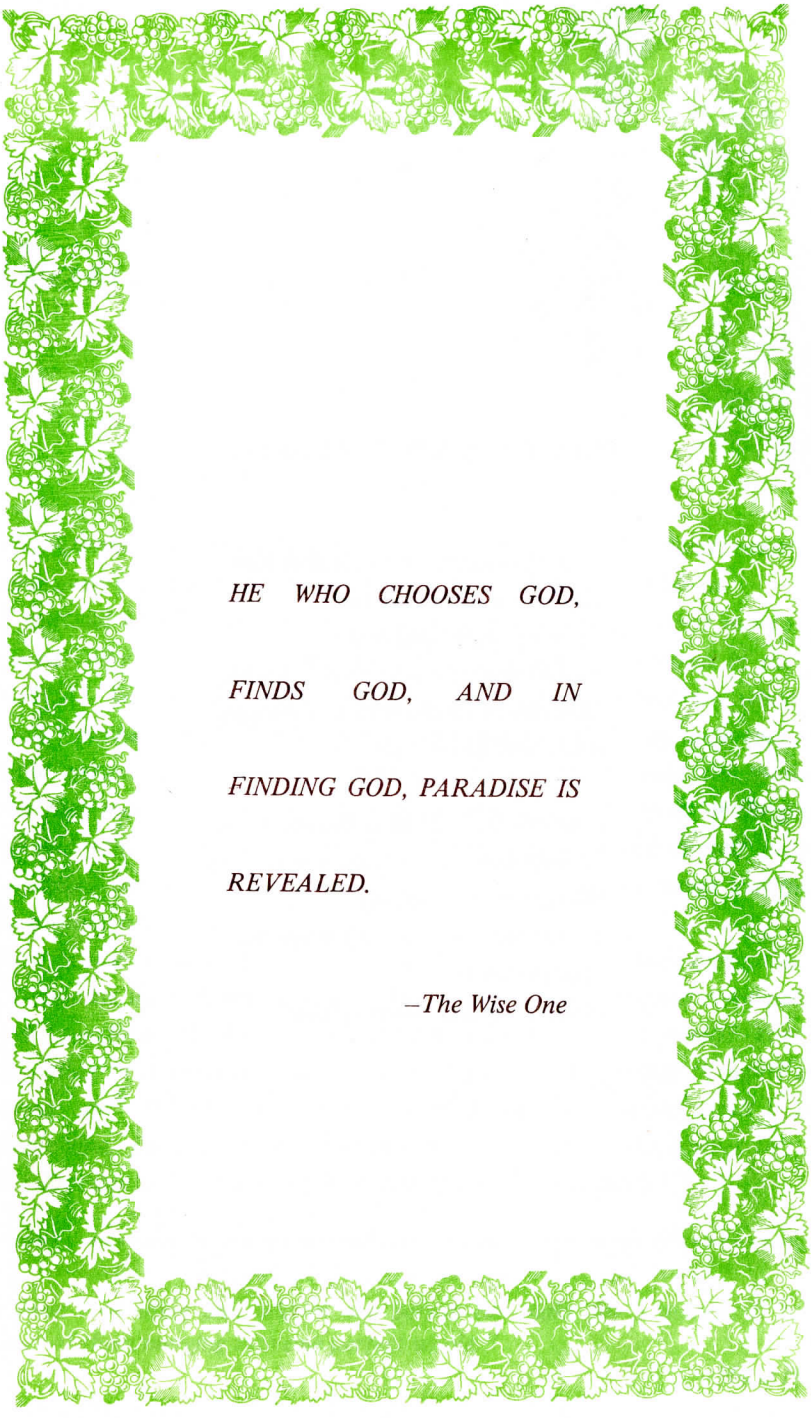
Healing by Spiritualist healers is claimed to be primarily due to the power of doctors in the spirit world who are able to cooperate with them, following intercession for a particular patient. There are two main methods: Contact healing, where physical contact takes place between healer and patient, and Absent healing in which case the patient may have been interceded for by a friend, and may be completely ignorant that he is being treated. The results of the latter method are surprisingly as good as the contact variety. Spiritualists are inclined to consider that healing by any means is helped by spirit doctors, and that most medical men are probably spiritual healers though unaware of it. Some orthodox churches practise healing by the traditional 'laying on of hands,' equivalent to the Spiritualist's contact healing.

Contact Healing:

Healing where bodily contact is made between the healer and the patient, either by 'laying on of hands' or by rubbing and manipulation. Spirit healing where contact does not take place is known as 'absent healing'. There appears to be little difference in the effectiveness of either form of healing proving that contact is not always necessary. Amazing results have been achieved by both.

Absent Healing:

Healing through the intercession of a healing medium (often but not always assisted by a dedicated group), to spirit doctors on behalf of patients who have no direct contact with the medium. Patients are often unaware that they are being treated, more especailly if they are ignorant or known to be hostile to Spiritualism. The aim is to benefit the patient spiritually, mentally and physically if possible, but no promises are given. These healers receive many postal applications for healing, mostly from concerned relatives of sick people.



HE WHO CHOOSES GOD,

FINDS GOD, AND IN

FINDING GOD, PARADISE IS

REVEALED.

—The Wise One

PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.

I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.

Healing Hands



by Ron Cavender

Many people have gone to a spiritual healer solely as a last desperate resort, only to come away completely healed of so-called incurable disease or illness.

If spiritual healing can bring about such wonders, why is it not more widely practiced? Why do we even need doctors? The answer is contained in the word SPIRITUAL healing. How many people do you work with or know whom you can call "spiritual people?" What makes a spiritual person? To my understanding, a spiritual person is someone who takes time each day to look for something greater than man inside himself and in those around him. To look for the good in things and situations instead of the bad. To try and recognize himself in others, the so-called bad as well as the good. These are some of the things that help to make spiritual healing work.

Most people do not realize that each and every person practices spiritual healing or its opposite many times each day. Have you ever had a kind and compassionate thought for someone else with no thought of benefit for yourself? You were participating in a spiritual healing. Have you ever had opposite thoughts about someone else? The same power is at work there, too, but the result is not a desirable one, for you or the other person. It is thought which gives this great power direction. Where have you been directing this power lately?

****

"Never one thing and seldom one person can make for a success. It takes a number of them merging into one perfect whole."

–Marie Dressler

of paris, would result–when the plaster solidified and the paraffin was melted off–in an exact replica in plaster of the hand or foot, on which the fine texture of the skin would be faithfully reproduced. A human hand or foot cannot, however, be withdrawn from an adhesive wax mould through the small wrist portion without distorting or rupturing it (and more particularly if the fingers are crossed and the wax glove is thin), but that of a materialized spirit can be, by simply dematerializing it in place. Moulds so obtained form a permanent and convincing proof or the reality of the materialized spirit, for no human being can produce the same thing. Many illustrations of these moulds will be found in the "Revue Metapsychique" (Paris) No. 5 for 1922, and in "psychic Science" (London) No. 2 for 1922.

SPIRIT RAPS

The spirit rap is one of the commonest physical phenomena. Not all mediums obtain them, however, for they require physical mediumship. Though loudest in the dark, they are often heard in good light. Dr. Crawford ascertained that the raps he observed required the withdrawal of ectoplasm from the medium, more or less according to whether the raps were loud or soft. Spirits do not only make rapping noises, for they can reproduce with marvellous similitude sounds of every conceivable kind. They can imitate any musical instrument and such sounds as the sawing of wood, hammering of nails, the wind and rain, trickling and splashing of water, breaking of crockery, an aeroplane, locomotive, or prancing horse, have all been faithfully reproduced.

The word "rap" conveys a wrong idea of the sound, for it cannot be truthfully imitated. It is a muffled, percussive sound, of almost infinitely varied character, which usually seems to come from within the substance of an object. It varies in intensity from the tiniest tick to deep thuds or sledge-hammer blows. They usually occur in the vicinity of the medium, but when the power is strong they may come from distant parts of the room.

Raps are generally used as signals when it is desired to communicate through the alphabet, for when this is read through, a rap will be made when the required letter is reached.

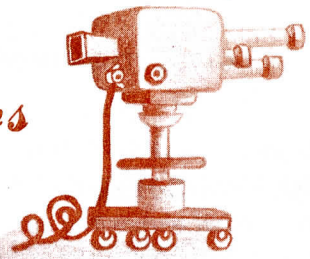
(To be continued in next issue)

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Goodness and love mould the form into their own image, and cause the joy and beauty of love to shine forth from every part of the face. When this form of love is seen, it appears ineffably beautiful, and affects with delight the inmost life of the soul.

–E. Swedenborg

News & Views



by Duncan Robertson

The 94th annual session of the Lily Dale Assembly is being held this summer, June 29 through September 2nd in Lily Dale, N. Y. This most unique little town is a center for "the teaching of the universal truths of Modern Spiritualism and is dedicated to all expressions of the living Spirit." Classes, seminars, lyceum conferences and a special weekend with Spiritualist friends from Canada will be included on the agenda. Programs for the session may be obtained from the Serenity office or by writing to the Assembly.

"The Living Light" is now being offered to students and the public in a thirteen volume cassette library. These are the original recordings from which the book was transcribed and give new insight to those studying the work. As you may know, punctuation is held to a minimum in the book to allow for individual interpretations; also, vocal emphasis and innuendo are difficult to present on the printed page. There are an average of five discourses to each cassette. The tapes may be ordered individually or in the complete set.

"Psycho Spiritual Integration Workshop" is the title of an all day session to be held by the Center for Spiritual and Human Growth on June 2 at the First Congregational Church in San Rafael. Dr. Ernest Pecci, a registered psychiatrist who reports to have derived a new model for the nature of man, will be the speaker. Dream analysis, creative imagery and self-hypnosis are among the techniques to be discussed.

An informal discussion with Marshall Lever, a trance medium from San Francisco, will be the agenda for the meeting of the Spiritual Frontiers Fellowship on June 3. Time is 7:30 p.m. at the First Congregational Church in San Rafael.

The California State Spiritualist's Association, an auxiliary of the National Spiritualist Association of Churches, will convene June 26 at the Hollywood Roosevelt Hotel, Hollywood. The 78th Annual Convention will run for three days, through June 29. Delegates from 14 member churches will participate in symposiums on healing and lyceum, special services, reports on the year past and a look to the future.

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue–

The physical phenomena not only include the movements of tables and the production of 'raps,' but a variety of other manifestations come under this head, such as spirit lights; freedom from the effects of fire; the passage of matter through matter; direct writings on paper or slates; direct voices; levitations of the medium; spirit photographs; and the production of the physicalized or materialized form. Other occurrences might rightly be included in this list, but sufficient have been mentioned to indicate the extensive range of the results of the endeavors of spirit people to make their presence known by supernormal means. 'It is seldom the spirits can come into such direct and forcible contact with physical objects as, to move them without the presence of a medium. This is occasionally done, however, as in the instances of haunted houses where no one in the flesh abides; also where earthbound spirits appear as "ghosts" independent of the presence, or at least, at a distance from, any person in mortal form. But, as a rule, the magnetism of a medium, or, better still, that of a "circle," is necessary to furnish a bond between spirit and grosser matter.'

Hudson Tuttle truly says: 'As the channel, so the stream which flows through it; the vessel gives form to the water which it contains. Each medium attracts a class or grade of spirits peculiar to himself. There must be affinity. These are attracted: first, because certain phenomena can be given through his organization which cannot be transmitted through his brain which cannot through any other; second, because there is similarity or congeniality.'

Mental Phenomena

Under this head are included involuntary, or 'automatic' writing and drawing; clairvoyant perception of spirits, and the clairaudient hearing of spirit voices; prophetic utterances, personal or national; impersonating and inspirational control for 'test' purposes; and trance speaking for public addresses, when the medium speaks while in the deep trance, or when his powers are stimulated and aroused to supernormal activity by inspirational suggestion.

Mediums are frequently so completely subjugated when entranced, especially in the private circle, as to be practically 'changed into another man,' as the Bible puts it. The 'impersonation' is so vivid that the spirit who thus manifests his own individuality, memory, and consciousness will sometimes cause the features of the medium to change until they resemble his own, and the sitters can discern the likeness to their departed friend in the transfigured face of the sensitive.

(Continued on Page 21)

SERENITY SOUNDS
(Letters to the Editor.)

Dear Editor:

"I sure like your Visitors Views column. Could you tell me how you are able to obtain the comments on your church services? We would like to incorporate the idea into our church."

S. M., Los Angeles, California

Comments on our church services are solicited by passing out Visitor's Comment Forms at all of our services. —Editor

Dear Editors:

"I find your Fables for Young and Old a true joy and pleasure to read. From what source do you get them?"

R. H., Reno, Nevada

The sources for our Fables are many. We have researched various children's books, American and East Indian tales, folk stories, and found a wealth of fables in old 3rd and 4th Grade Readers from Ireland and Scotland. —Editor

Dear Sir:

"I think your magazine is great but do you really have to use such light colors of print? My bifocals have recently been checked and yet I found it difficult to read the April issue."

D. V., Seattle, Washington

The Serenity Sentinel is in a constant process of improvement. We thank you for your comments and are considering darker print for the contents. —Editor

Dear Editor:

"In your March issue, I read on page 11 a statement that 'A half a soul with God is better than no soul at all' and would like to know how a soul can be cut in half?"

S. Z., Tulsa, Oklahoma

In reference to your comment on The Wise One's proverb, pp. 11, March Sentinel, I would like to state that the actual division of soul was not implied or intended to be taken literally. A fuller explanation and understanding may be gained by a thorough study of our class book, "The Living Light." —Editor

FROM FIRE-MIST TO MAN

EVOLUTION SPIRITUALLY INTERPRETED

by Andrew Jackson Davis

Continued from last issue–

Nature has outgrown primitive methods. The question may be asked: If Nature originally contained within itself the power to produce plants, animal and man, why does she not now go on producing them? I reply - because it is a law of Nature that when a germ essence is completed, and a plan perfected the process of improvement is afterwards accomplished by multiplication of the type through marriage and generation.

When a field has reached a certain stage, it can no longer yield the same grain, even as the human type is no longer reproduced by parents who have passed the climacteric period of procreation. In a similar manner the earth through age has advanced beyond the type-forming period. It does not produce plants, animals, or humans as it did in its fertile and organizational era. The primitive process of organization was necessary to form a basis for the human body, and through it to prepare the spirit for another and higher sphere.

The physical organization contains all substances, forms and dynamics of matter; so does the soul (the body of the spirit) contain all essences, laws and forces of the mind. The body contains all the primates and the soul all the ultimates of matter. Together, therefore, they are a representation of the positive and negative hemispheres or of both sides of Universal Nature.

Father-God and Mother-Nature our first parents. The soul represents the spiritual, and the body the material departments of organized and symmetrical Nature. Man then taken comprehensively and altogether, body and soul, is a child of Father-God and Mother-Nature. These are our most intimate and remote parents. Our earthly parents are but mediums, or progenitors of our heavenly Father and Mother.

Mother-Nature owns the body and she will claim it; she will yield up and distribute the body's minerals to the mineral world; the vegetation thereof to the vegetable world; and the unused animal parts she will return to the animal world. In short, all in man's body at death, that is not human, will go out into the universal ocean of life and mingle again with oxygen, hydrogen, nitrogen, carbon, azote, ammonia, electricity, magnetism, and yet other imponderable essences which play and work so beautifully and incessantly in their immeasurable empire of matter and mind.

But the human and spiritual organization, with its interior essence, will be claimed by the unchangeable laws of Father-God and Mother-Nature to its appointed abode in the "house not made with hands."

THE A. B. C. OF SPIRITUALISM

by B.F. Austin, A.M., D.D.

24. What effect does the acceptance of the Spiritual Philosophy of Life have upon a man's character?

It exerts an emancipating power over his mind and brings him out of the realm of doubt and into the realm of knowledge and hope. It inspires him with a love of truth and a desire for knowledge of spiritual things and spiritual growth and development. It tends toward a study of and compliance with natural law and hence improves his conduct and life, as he finds no escape under the teachings of Spiritualism from the consequences of wrong doing.

25. It is boldly charged that by denying the dogma of eternal punishment and asserting that man can work out his own salvation, Spiritualism tends to immorality. What answer can be made to this charge?

All writers on Criminology agree that it is not the severity of any proposed punishment but the certainty of the punishment that deters men of crime. It has been found that the death penalty—owing to the difficulty of convicting by jury and the possibility of pardon—does not deter from murder. So the threat of eternal punishment is not the strongest motive for abstaining from evil, but the certainty that punishment suited to the transgression will follow. Eternal punishment as a motive to good conduct has lost its power over human minds because men almost universally doubt a dogma so abhorrent to reason and man's moral sense. Spiritualism by making rewards and punishments a part of nature's order and not an arbitrary arrangement, has furnished men the strongest motive possible to good living.

From the very nature of the case it may be boldly asserted that no salvation so wrought out by another person can be of any real value to a man. Unless a man takes himself in hand, seeks and follows the truth, and develops the spiritual nature (the Christ) within, no Saviour or system of religion can bring him freedom and peace.

26. What effect does the teaching of Spirit Communion have upon the human conduct?

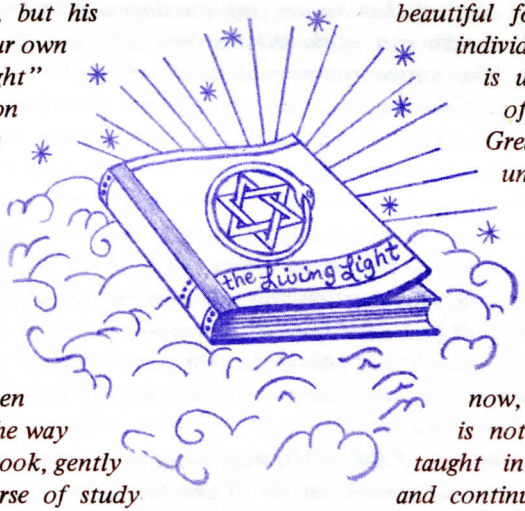
It naturally lifts our thoughts and affections above the dust and tends toward the spiritualizing of the life. The fact that our departed friends are often near us, that they are more or less conversant with our lives, that they are interested in all that concerns us, that our conduct is known to them, certainly has a tendency to restrain us from unworthy thoughts, motives and deeds.

The Living Light

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.



"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

Selected Passages:

"What does it benefit your life to add a multitude of things and experiences if in the adding there is no light, there is no peace, and there is no lasting purpose."

"Man can only be affected by that with which he is in rapport."

"The Living Light" is invaluable, timely, and meant for everyone.

Order now your copy of the limited deluxe first edition "The Living Light." $10.50 per copy, plus $.30 handling and mailing. Mail order to: Serenity Publications, P.O. Box 137, Forest Knolls, California 94933

(Continued from Page 16)

Psychometry, clairvoyance, and magnetic healing, when employed under spirit control, are generally upon a higher plane and deal with more spiritual conditions than when these powers are normally employed. These are the main divisions and phases of mediumship, each of which, however, includes a number of separate grades of manifestation.

We agree with Dr. Alfred R. Wallace, who pointed out, in his able lecture entitled 'If a man dies shall he live again?' that mediums are of all ages and conditions, and the phenomena which occur in their presence have been subjected to the most critical examination by many clever and sceptical investigators, and their reality and reliability have been as thoroughly established as any of the great facts of physical science. We may therefore entirely discard the idea that imposture, except in isolated cases, will account for the manifestations that have been observed. Wherever the phenomena occur, whether in England, France, Germany, Spain, Russia, America, Australia, or India, they are of the same general type, while the individual differences among them show that they are not copied one from the other. Whether the mediums are educated or ignorant, boys or girls, men or women, savage or civilized; whether the phenomena are spontaneous or elicited in response to the desire of the recipients, the same general characteristics observable in the results point to the unity of origin and the existence of certain laws which govern and determine the nature of the phenomenal demonstrations of the presence and power of the spirits. We conclude, therefore, that the phenomena occur within the scope of, and in harmony with, the general principles which govern the inter-relations of the spiritual and material realms, and are thus in strict accordance with the established order and laws of Nature.

A Question of Evidence

The identity of the spirits who manifest has been so frequently demonstrated that spirit action cannot any longer be denied by well-informed and impartial students. As Mr. A. Morton, an intelligent and thoughtful writer, very pertinently says: 'It is claimed by many sound thinkers that nothing should be attributed to the action of spirits which can be accounted for by mundane agencies. This attitude is worthy of adoption, as a rule, in the investigation of spiritual phenomena, but the converse is equally sensible; the agency of spirits cannot be disproved in the production of manifestations which cannot be shown to be of purely mundane origin. Students of spiritual science cannot ignore the laws of attraction and repulsion, of the inter-dependence of mortals and spirits; that would be equivalent to denying the foundation upon which they are building—playing Hamlet with the character of the Danish king omitted.'

(To be continued in next issue)



Cook Book Capers

by Edie Faubel

SOUTHERN FARM DRESSING

1 package Pepperidge Farm Corn Dressing
1 heaping Tbsp. butter
1 egg
½ cup soft raisins or prunes
1 small grated onion
1½ cups milk

Mix all ingredients mentioned above and salt to taste. Bake at 325° degrees for 30 minutes. Serves 6.

SHORTBREAD

1 lb. butter, softened
5 cups flour
2 cups confectioner's sugar
granulated sugar

In large bowl beat butter, confectioner's sugar and 4 cups flour until well-mixed. Turn out onto floured board and knead in other cup of flour. Place in 9 x 9 x 2 ungreased pan. Sprinkle all over with light coating of granulated sugar. Prick all over with fork, making sure the tines go deeply. Bake at 350° for ½ hour, then at 325° until done (about 1 hour). If it appears to be browning too quickly, turn oven down to 300°. Cut into small squares while still hot. Shortbread should be very fine in texture and pale beige in color.

INVOCATION

O Spirit of Infinite Love and Tenderness, we lift our hearts in praise and joy and thanksgiving for the blessed opportunity of opening the door of that other life that our beloved in spirit may come through to give us wisdom, strength and understanding. So vast is this wonderful opportunity, so far extending in its power and its beauty, that we cannot at once come into the full realization of it. This much we do know, that love finds its own and speaks out of its heart all of the experiences that may benefit humanity. Like children groping through the darkness and seeking for the loved hand, listening for the voice that is dearer and sweeter than all the music in the world, we come today and listen again, not only for our own, but perchance to catch the message from someone who yearns to find the old home and the old associations. The sweetest expression for spiritual life is service, so we offer ourselves for the service of the spirit world. May they find us ready. Amen.

DIVINITY OF NATURE

Nature's demands are the only true guides to usefulness, probity and progression. To know these demands is all we need to know; faithfully to comply with them is all we need to do, if we would become all we are designed to be and all we are capable of being. He who most perfectly understands the demands of Nature, in regard to his own and his neighbor's body and soul, most perfectly understands the operations of that Infinite Intelligence which manifests itself in all nature.

He walks in the light and lives in the right, who seeks the truth in Nature's book and moulds his life accordingly. We and our neighbors are parts of Nature, therefore, what we do to our neighbors, we do to ourselves. Every act reflects upon ourselves.

Let this be the one controlling thought in our treatment of the men, women and children around us. Every indignity shown to our neighbor is an indignity to ourselves; every insult or wrong done man, woman or child, or whatever country, color or condition, is done to ourselves.

What we feel toward our neighbor, is a measure of our nobility or littleness of soul. To love our neighbor, is to love the divinity in man.

BENEDICTION

May the philosophy of the continuity of life and the communication of spirit enlarge your spiritual horizon, bringing into view your sacred duty to self and to all mankind – to love and serve one another. Amen.



Busy Bees

by Bee Dorbandt

It is gratifying to be given an assignment to work for "Spirit" and those who have a yearning to be needed and busy, are only a telephone call away from Serenity's office in Corte Madera (924–4422). If they will volunteer their services on a consistent basis, only good will ensue.

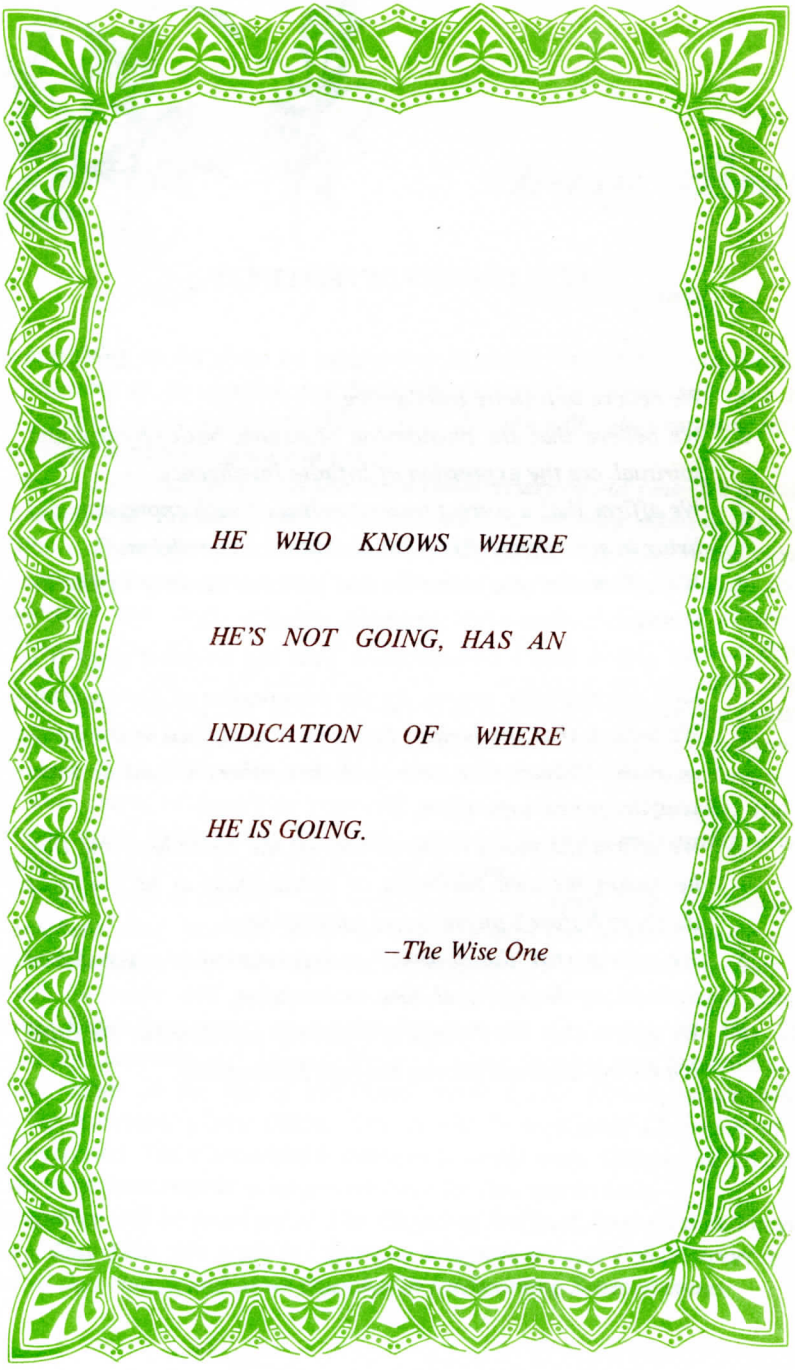
On May 6, 1973, we celebrated the second anniversary of our church's founding. Mr. Goodwin, our President and Founder, gave the morning address. Reverend Clyde Dibble, President of the California State Spiritualist Association and member of the National Board, gave a brief talk. He commemorated Mr. Goodwin for his fine leadership and spoke on the phenomenal growth of Serenity Church. A hearty brunch was served to many who remained to "break bread" with us. Brunch is served the first Sunday of each month and is sponsored by Serenity's Ladies' Guild. That same evening, Mr. Goodwin served as lecturer at the Spiritual Frontiers Fellowship monthly meeting in San Rafael. His talk was entitled "Spiritualism and The Christian Bible." There was a lively discussion period after the lecture and answers were given to questions regarding miracles, visions, prophecies, and the basic revelations of Mediumship. Those who attended morning and evening services, were doubly-blessed for a full day of spiritual feasting.

The "Chuck Wagon Dinner" was well-attended on April 28th. We barbecued meats, chickens, and had side dishes in keeping with our western theme – the strawberry shortcake was scrumptious! The evening's fine entertainment was topped off by banjo and guitar solos and duets by Steve Adkins and Duncan Robertson. Thank you both! Our next dinner-social, to be held on May 26th, will be on the International Theme. We are looking forward to a presentation of audio-visual tapes on the life of the famed tenor, Enrico Caruso, which will be narrated by Reverend Clyde Dibble who is the International Chairman of the Caruso Centennial. The Centennial is being held world-wide. Games and prizes are part of the festivities; reserve your tickets early for this special Gala.

This reporter will be speaking at The Chapel of Spiritual Awareness in Vacaville on Friday, May 18th. My topic is "Spiritual Integration" and I shall report on the activities of that church and other churches in forthcoming Sentinel issues.

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



HE WHO KNOWS WHERE HE'S NOT GOING, HAS AN INDICATION OF WHERE HE IS GOING.

–The Wise One

BECOMING A SPIRITUALIST

God's Good Men
by H. Gordon Burroughs

The history of mankind shows a constant effort on the part of man to reach out for something beyond himself. In the early stages of man's progression, when he was very crude indeed, not understanding phenomena that he saw around him, he attributed these phenomena to a force outside of himself. This force he first thought of as his enemy, one whom he should fear, but who later he felt should be worshipped and revered.

It is necessary for man in all ages to have a God; and man in all ages has created his own God, a creation which possessed the qualities that man himself felt should be attributed to a force beyond himself. Thus countless things in life have played a part in man's struggle to find God. Man has worshipped stones and animals. In some parts of the world even today the white elephant is sacred because it represents strength and vitality. The serpent was worshipped because of its intuitional faculties.

These beliefs existed long before the records of the Bible appeared. The entire Old Testament is filled with the mystic love of religious beliefs that had predominated ages before the advent of Jesus into the world. The books of the Bible were written at different stages of man's progression. But in those days man was seeking to find that something which was a controlling factor in his life; consequently, Jehovah, a strange sort of deity, came into existence.

When Jesus came into the world, he changed things. He confused the scribes and the religionists of that day because Christ did not conform in any sense of the word to the old traditions. He in no way transgressed the objective or physical law, but in many ways he did not adhere to the religious law of his day. For example, if he cared to heal on the Sabbath, heal he did.

Because he changed mightily the religious thought, the religionists of the times began to write about him attributing to him much that he never taught. As a consequence, his philosophy became confusing to many.

Christ never spoke of God as a personality; Christ never spoke of God as a being with personality. He spoke of Him often as his Father and the Father of us all. He demonstrated this universality of manifestation in everything he did. He said unto the world, "Let all who are heavy-laden come and drink of the waters of the well of life freely." He did not designate a few; he did not say to this group, "You alone may drink of the waters of life." Neither did he condemn those who were healing, giving peace to the hearts and minds of people by means other than those he taught. When the report was definitely brought to him that there were others who were casting out demons and he was told by what method, he said, "Forbid them not," because they, too, were demonstrating the law.



Lest We Forget

Gregory J. Adkins
Irene Bailey
Florence S. Becker
Black Hawk
Cecil Clark
Harold Faubel
Florrie
Galak
Elena Goldkette
Frank Goldkette
Jean Goldkette
Isa A. Goodwin
Anna Graham
Jacques
Alexis Krivor
Clara Krivor
Nicholas Krivor
Dorothy Paulson
Poika
Ella Roetter
Sunny Ross
Skippy
Ralph J. Stewart
Bobby Walker
Hugh Walker
James Walker
Margaret L. Walker
Robert Walker

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column—Donation of one dollar per name.

(Continued from Page 4)

goes; *duty to* that *eternal spirit* that is the true self. *Gratitude* for the opportunity of its expression and *tolerance* for the levels within ourself that are so difficult to grow through. What does it benefit us, my good friends, to speak a thousand words unless there is a single act? If the words cannot stimulate within our mind the interest, the drive, the motive to move within our being to a greater light inside of ourself, then the words (no matter how many they may be) have gone in vain. Think where you are! Think what you are doing to yourself! Because if you will think about what you are doing to yourself, then I know you will think about what it is doing to another. My friends, it is a very selfless thing to take the time each day and stop and think about yourself. Think a little deeper because if you will take that time, you will in time broaden your horizons. I have never met an individual that has been completely satisfied and I hope I never do because there is nothing more detrimental to the soul's awakening than the sleep known as satisfaction. The moment we permit ourselves to be satisfied, we stop striving to do something better. And so it is, the Divine discontent; that we are ever striving for perfection. And what is it within us that strives for perfection? Why, my good friends, it is the one and only thing that is perfect, the Divine Infinite Intelligence, ever seeking to express itself and the mind experiences that as a drive to be perfect in all its acts and in all its endeavors.

Mediumship has a great purpose to serve for everyone. For everyone in truth *is* a medium, for they are to some extent in communication with some dimension. And who is so illumined to judge whether it is the dark one or the light one? The individuals themselves from their own experiences, they and they alone, will know which dimension they are communing with. We are never alone no matter *who* we are and no matter *where* we are. There are those entities around and about us that we have attracted from our thoughts, our acts, and our deeds. And if we will be at peace, we will see them and we will hear them. If we are in negative vibrations, you can be rest assured we have a multitude of friends on this side *and* the other side to help us stay in our negative lethargy. But if we are willing to use some *strength of character to stand up* and *know* that we have the Divine right to express joy, happiness, Divine supply and all the good that comes from those levels; if we have the *will power* expressing through our being, then we indeed – will find this heaven that so many have sought for so very, very long.

Sometimes in the unfoldment of the students, I am called because of certain experiences that they have encountered, that they feel are detrimental to themselves. Well, my friends, the experience encountered and the feeling of its being detrimental is nothing more than what is inside of ourself. No person can experience a psychic or so-called spiritual experience that is detrimental to them if they are not entertaining in thought on some level, conscious or subconscious, the very thing that they are experiencing because man is a law unto himself. If the friends that you have attracted from the other dimension are not serving their purpose the way you think that they *should be,* you can be rest assured, my friends,



Poet's Pen

Rest

Rest is not quitting
The busy career;
Rest if the fitting
Of self to its sphere.
'Tis loving and serving
The highest and best!
'Tis onwards, unswerving,
That is true rest.

–J. S. Dwight

Evolution

Out of the dusk a shadow,
Then a spark;
Out of the cloud a silence,
Then, a lark;
Out of the heart a rapture,
Then, a pain;
Out of the dead, cold ashes,
Life again.

–John Bannister Tabb

My Mother

She was as good as goodness is,
Her acts and all her words were kind,
And high above all memories
I hold the beauty of her mind.

–Frederic Hentz Adams

"Hello" only lasts for a minute,
It's a short, brisk, queer little word.
But, say! there's a lot of cheer in it;
It's like the first chirp of a bird
In spring, when the hilltops are greening,
Right after the cold and the snow.
I think when it comes to real meaning,
There isn't a word like "Hello!"

–Ralph Bricker

Holding

In the bitter waves of woe,
Beaten and tossed about
By the sullen winds that blow
From the desolate shores of doubt,
Where the anchors that faith has cast
Are dragging in the gale,
I am quietly holding fast
To the things that cannot fail.

–Washington Gladden

FABLES FOR YOUNG AND OLD

THE HORSE AND THE LION

The lion was hungry. Hunting had not been too good during the past week. He was sitting by the roadside feeling sorry for himself when a handsome horse came trotting past. The lion's mouth watered as he thought what a wonderful dinner that horse would make if only he could catch him.

The lion just couldn't get his mind off that horse. So he let it be noised about that he had become a wonderful doctor who could heal any animal's complaint. A day or two later the horse, pretending that he had a thorn in one hoof, came to the lion's den for help. The lion licked his chops. This was the chance he had been looking for. He asked the horse to raise one of his hind feet so he could make an examination. Solicitously, in his best bedside manner, he bent his head as though to examine the ailing hoof.

Just as he was ready to spring, the horse let go with his upraised hoof. There was a sickening thud as hoof met nose. And the last thing the lion remembered was a whinny of laughter as the horse galloped away toward the forest. THE BEST LAID–OUT SCHEME OFTEN HAS A KICKBACK.

THE HARE AND THE TORTOISE

A hare was continually poking fun at a tortoise because of the slowness of his pace. The tortoise tried not to be annoyed by the jeers of the hare, but one day in the presence of the other animals he was goaded into challenging the hare to a foot race.

So the course was set by the animals, and the fox was chosen as judge. He gave a sharp bark and the race was on. Almost before you could say "scat" the hare was out of sight. The tortoise plodded along at his usual unhurried pace.

After a time the hare stopped to wait for the tortoise to come along. He waited for a long, long time until he began to get sleepy. "I'll just take a quick nap here in this soft grass, and then in the cool of the day I'll finish the race." So he lay down and closed his eyes.

Meanwhile, the tortoise plodded on. He passed the sleeping hare, and was approaching the finish line when the hare awoke with a start. It was too late to save the race. Much ashamed, he crept away while all the animals at the finish line acclaimed the winner. SLOW AND STEADY WINS THE RACE.



Serenity Books

SPIRITUALISM AND RELATED SUBJECTS

"LIGHT"
by Ernest Holmes and Others *$2.00*

"HOLY MOTHER"
by Swami Nikhilananda *$5.25*

"GUIDANCE FROM SILVER BIRCH"
Edited by Anne Dooley *$3.50*

"IN TUNE WITH THE INFINITE"
by Ralph Waldo Trine *$2.05*

"KARMA – YOGA and BHAKTI – YOGA"
by Swami Vivekananda *$3.95*

"THE ROCK OF TRUTH"
by Arthur Findlay *$3.75*

"UNFINISHED SYMPHONIES"
by Rosemary Brown *$6.30*

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Serenity Spiritualist Association, P.O. Box 137, Forest Knolls, Ca. 94933
Please add $.30 per book for postage and handling.

EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

QUESTION: "What are the relations of the sexes in the Second Sphere, or Spirit Land? Do they reproduce in a manner corresponding to this world?"

ANSWER: We repeat, the divine law of Use is the source of every organ and function. Nothing lives a day after its real usefulness in the boundless economy of the universe has absolutely terminated. This world is the manufactory of individualized minds, adapted to a future life. The productions of this existence are gathered into that which is to come. The organic machinery of our terrestrial bodies, by which reproduction is carried forward, is not demanded by the law of Use in the Spirit Land.

But the relation of marriage, between the sexes, is far more perfect in the next life. Love, not passion, prevails. And the objects of love are exalted far above the reproductive impulses of the blood. The wondrous and beautiful cerebrum, or front and superior lobe of the brain, spiritualizes the blood just in proportion to its predominance over the cerebellum and its visceral appendages.

QUESTION: "In your 'Philosophy of Spiritual Intercourse,' page 131, you describe the formation of the spiritual body of a man who was killed by a well caving in upon him. You say you saw 'a form finely wrought, a body beautifully, organically, and symmetrically constructed.' Did the body appear clothed or naked? Another question: Can a Spirit enter a house through a wall, or any solid substance? There seems to be much difference of opinion existing amongst believers in Spirit intercourse in regard to the ability of Spirits as to seeing,hearing , etc."

ANSWER: While engaged in the perception of the apotheosis described in the work in question, we could not discern corporeal and material things, for the reason that the Spiritual eyes can see only what is essential and celestial. But garments suitable for the dress of the Spirit-body, had there been any, would have reflected themselves upon our vision. There were no habiliments born with the Spirit-body, and hence it was raised naked and unconcealed, just as you and we were delivered into this world at the moment of birth. The query regarding the power of Spirits to pass unimpeded through "a house, wall, or solid substance," is answerable in many ways.

Spirits can travel through all substances by reflection, or by vision, or by extemporaneous energy, but not in organic form, not in bodily personality, as we can walk through water, or as we do separate the abounding atmosphere whenever moving through the spaces.

(Continued from Page 29)
you are looking in a mirror and those spirits are revealing to you exactly where we are—not where we think we are, but where we are in truth. And so it is, with all this foolishness and paraphernalia of spirit possession and all these things you read so much about—check the so-called medium or the individual that is having the experience because, my friends, they are in communication and in rapport with that level of awareness and, therefore, are in dire need of seeking within themselves a way out of the prison house they have created. I tell you that from personal experience, not from reading a book or having someone tell me. I had to grow through my own levels and I am still in the process, and I am very grateful. In Spiritualism, we call those levels "the elementals." Some people call it "ventilating"; they are going through what is known as the emotional realm. Friends, whether we like it or not, we all have an emotional realm. We are the creators of it, *God* isn't and we all have to face it some day. So let us face it *now;* let us face our jealousies, our angers, our greeds and our envies. Let us face those things! *Who are we to be so awakened* that we don't have those things existing within our very being? My friends, we are all a part of the human race. Look at the human race and tell me that there is a soul that doesn't have those functions, because if you do, we are blinding ourselves. We are in the human race! We are a part of the human race and those functions are a part of creation. I agree, indeed it is only an error of ignorance but who amongst us is free totally, wholly, and completely of the error of ignorance? Let us awaken within ourselves. This Association is not here to judge; it strives to help those who are seeking. We have a little bit of awareness not to bother with those who are not seeking, for indeed unsolicited help is only to no avail. So what is it that we want in life? And what is it that we understand about spirit or spirituality? Think, my good friends, think more deeply, and think more broadly. Where are we and where are we going? We already *know* where we have been and if we don't something is radically wrong 'upstairs.' So let us think where we are *this* moment and in thinking where we are this moment, we will have an indication of where we are going. And *let us forget* about where we have been because as long as we entertain that back there, that is just as long as we will stay on *that* level of awareness and not see the Light that we are facing *this* moment, the *only* moment that *is* our eternity. Thank you.

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